

Standardized Recipe Form

Recipe Name Carrot Bars Category Desserts Recipe # _____

(i.e., entrée, breads)

Process: 3 (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Eggs Vegetable oil Applesauce, unsweetened* Sugar, granulated Vanilla extract Whole wheat flour* (or Local) Baking powder Baking soda Salt Cinnamon Carrots, grated or shredded (Local) Walnuts, chopped	5 ¾ large 2/3 cup + 2 ¼ tsp 1 cup + 1 Tbsp 2 ¾ cups + 1 ½ Tbsp 2 7/8 tsp 2 ¾ cups + 1 ½ Tbsp 2 7/8 tsp 2 7/8 tsp ¾ tsp 2 7/8 tsp 1 qt + 1 ¾ cup 1 1/3 cup + 1 ½ Tbsp	11 ½ large 1 1/3 cup + 1 ½ Tbsp 2 1/8 cup + 1 tsp 1 qt + 1 ¾ cup 1 Tbsp + 2 ¾ tsp 1 qt + 1 ¾ cup 1 Tbsp + 2 ¾ tsp 1 Tbsp + 2 ¾ tsp 1 3/8 tsp 1 Tbsp + 2 ¾ tsp 2 qts + 3 ½ cup 2 ¾ cup + 1 ½ Tbsp	<ul style="list-style-type: none"> If using frozen eggs, thaw in cooler 4 days prior to use <ol style="list-style-type: none"> Preheat oven 325°F (convection). Spray pans. Beat eggs, oil, applesauce, sugar and vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon. Add carrots and walnuts. Pour 1 gallon of batter per full size pan. Bake for approximately 25 minutes depending on oven or until center is set (test with a toothpick). Sprinkle with powdered sugar if desired. Cut into 35 pieces.

Serving Size 1 serving (1/35th of pan) Pan Size ½ sheet pan

Yield _____ Number of Pans _____

Meal Pattern (Based on Serving Size): 1 bar

_____ Meat/Meat Alternative

_____ Fruit/Vegetable

1 Grains/Breads

Oven Temperature & Baking Time:

Temperature _____ Minutes _____

Conventional _____

Convection 325 25+

If available, Nutrition Analysis: Serving Size: 1bar

181 Calories 1.13 Saturated Fat (g) 2.0 Vitamin C (mg)

2.96 Protein (g) 300 Sodium (mg) 6838 Vitamin A (IU)

7.20 Total Fat (g) 2.08 Fiber (g) 60.2 Calcium (mg)

357 % Calories from Total Fat 1.16 Iron (mg)

This recipe is from Marsha Wartick, Ronan Public Schools, Ronan, Montana.